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# Extension Service Review



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## In This Issue

VIRGINIA's tradition of beautiful old country homes has a better chance of being maintained since extension workers have been working with farm families. The Federal farm-housing survey of 22,974 houses in 10 counties of Virginia, conducted last year under the Civil Works Administration has given the extension service an excellent basis for formulating future programs, especially for farm-home improvement.

WALTER G. WARD, Chief of Farm Section, Federal Housing Administration, tells of the better-housing program which his organization offers to rural people. He says that in all States the extension service is taking an active part in carrying this program to the farm families, and that the plan, sponsored by the Federal Housing Administration, is enabling thousands of farm families to realize one of the extension service goals—a more satisfying rural life.

WHAT a difference 19 years can make in one's mode of travel! In her story of what has been accomplished in home demonstration work in Webster Parish, La., Mrs. Julia Cooksey tells also of some of the hardships encountered when the work first started in that parish.

SARATOGA, WYO., boasts a successful farm women's market where the ranch and farm women sell fresh vegetables, ranch butter, cottage cheese, eggs, poultry, home-canned foods, baked goods, and flowers to the local townspeople, tourists, and sportsmen who visit the area each year. This market turns a surplus into cash which helps the farm family and stimulates local business.

PLANNING finances so as to "make ends meet" is a problem that puzzles many families. Oklahoma rural women are finding that the information obtained from their home account books

is helping them to correct past mistakes in spending, and to make plans for future adjustments.

PUERTO RICO shows great interest in the home demonstration work recently started there. Starting in with canning demonstrations of fruits, vegetables, meat, and fish to fill the pantry shelves with good nourishing foods, other home improvements should follow to make country life more satisfying.

## Contents

|   |         |
|---|---------|
| Virginia Revives a Tradition -                      | Page 49 |
| Housing Program Seeks More Modern Rural Homes - - - | 50      |
| <i>Walter G. Ward</i>                               |         |
| A Good Job Takes Time - - -                         | 51      |
| A Successful Farm Women's Market- - - - -           | 52      |
| Comptrollers of the Home - -                        | 53      |
| Utah Homes Program Finds Silver Lining - - - - -    | 54      |
| The Rural Community Builds a House - - - - -        | 55      |
| Puerto Rico Takes Up Home Demonstration Work - - -  | 57      |
| Maine Adjusts with More Hens                        | 59      |
| Extension and Relief Form Partnership- - - - -      | 61      |

*Daisy Deane Williamson*



## On The Calendar

American Association of Agricultural College Editors, Ithaca, N. Y., Aug. 19-24.

American Dietetics Association, Cleveland, Ohio, October.

National Recreation Association, Atlantic City, N. J., October 1-4.

Pacific International Livestock Exposition, Portland, Oreg., October 5-12.

American Royal Livestock and Horse Show, Kansas City, Mo., October 19-26.

4-H Club Congress, Chicago, Ill., Nov. 29-Dec. 7.

COMMUNITY clubhouses springing up all over the country, are serving rural people well. Not only do the women use the clubhouse for community canning and other laboratory work in homemaking, but all members of a community meet there for work and play. There is no question but that the building of a community house has a great influence on the civic and social life of farm communities.

AS THE result of an extension campaign project entitled "Increase Your Income With Poultry" conducted intensively by nine county extension agents during 1933 and 1934 farmers along the rockbound coast of Maine are increasing their income by raising poultry.

THE 5,877 emergency gardens in New Hampshire in 1934, costing \$33,263, had an estimated value of \$352,620, or an estimated return per dollar invested of \$10.60. Daisy Deane Williamson, State home demonstration leader of New Hampshire, gives an interesting story of how home demonstration agents and relief workers cooperated in the garden work, canning, and low-cost food demonstrations. The relief administration gave funds to put on 20 special workers to contact emergency gardeners and give them such special help as they needed and for which they had asked.

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# Virginia Revives a Tradition

## Housing Survey Gives Basis for Program to Maintain or Restore Beautiful Homes



**F**INE traditions of home life have always been cherished by Virginians, yet, unfortunately, a large number of farm families have been unable to possess or to maintain as adequate, comfortable, or beautiful houses as they have desired or deserved.

For the past 15 years the Virginia Extension Service has conducted campaigns and contests to stimulate interest and to show ways and means of improving farmhouses. The farm-home kitchen was given first attention in developing this phase of extension work. In the beginning, housewives were very reluctant to have home demonstration workers visit them to discuss possible improvements in their houses. However, as the idea grew in popularity, all members of the home demonstration staff were called upon to assist with improvement contests among 4-H club girls and home demonstration clubwomen. For the past 6 years, 1 full-time specialist and from 35 to 40 home demonstration agents have hardly been able to keep up with demands for home-improvement work. Right through the depression years, farm women have sought every practical help for using funds and other resources at hand for the increase or maintenance of beauty and comfort in their homes.

Yet, in spite of these years of extension effort, coupled, of course, with the stimulation provided through magazines, building trades associations, women's and men's civic organizations, and individual initiative, the condition of our farmhouses has been found deplorably below a desirable standard. While thousands were being improved, other thousands have been allowed to fall into poor condition because of lack of funds or knowledge of how to make inexpensive repairs, or from discouragement or lack of ambition. New houses, chiefly of the low-cost type, continue to be built but without any apparent planning for convenience.

### *Farm-Housing Survey*

The Federal farm-housing survey conducted last year under the Civil Works Administration has given us a more complete picture of farmhouse conditions

than we have ever had. This survey, completed early in 1934, was made of 22,974 houses in 10 counties of Virginia. It represents a very fair cross section of the geographic and climatic conditions which in this State vary widely from the Appalachian Mountains to the Atlantic Ocean. The survey also represents the many types of houses accounted for by differences in farming, living, and social conditions.

Of the total number of homes visited in the survey, 10,205 were of white owners; 3,517, nonwhite owners; 6,025, white non-owners; and 3,227, nonwhite nonowners. The survey includes approximately 14,000 owners' homes, about one-third belonging to Negroes, and a few more than 9,000 tenant homes, of which slightly more than half were Negro homes.

A summary of the survey reveals that 45 percent of all owners' homes and 61 percent of the nonowners' homes must be described as in poor condition.

The answers to the question, "What would you do to your house if you had \$100, \$250, or \$500 available solely for home improvement?" indicated that desired improvements ranged in about this order of importance: (1) Interior walls, ceilings, and floors; (2) exterior walls; (3) roof; (4) porches;

*Virginia is famous for its beautiful old country homes. Some of these houses have been preserved in excellent condition for 100 or 200 years, or more, while others have been restored in recent years to their former charm and beauty. For the past 15 years, the Virginia Extension Service has been working with farm families to maintain this fine tradition, sometimes under adverse circumstances, as is shown by this account of the work and plans for the future by Mary B. Settle, home-improvement specialist.*

(Continued on page 62)

# Housing Program Seeks More Modern Rural Homes

WALTER G. WARD

Chief of Farm Section, Federal Housing Administration

**S**TIMULUS to the extension program of raising the standard of living for farm people is being furnished by the Federal Housing Administration. The 1934 rural housing survey effectively revealed the need for repair and modernization of the farmhouses of America.

With a similar lack of maintenance evident in urban residences and business buildings and little new construction, Congress last June passed the National Housing Act. Title I of this act concerns housing renovation and modernization and is applicable to both rural and urban property.

## *Repairs and Improvements*

Repairs, improvements, alterations, replacements, and new structures may be financed under the Federal Housing Administration up to an amount of \$2,000 and with a maximum maturity of 5 years. Money for the needed improvement work is obtained from local financial institutions. These institutions are insured against loss up to 20 percent of the total loans made.

To acquaint the farm families of the Nation with the better-housing program and to bring to their attention the advantages of making needed improvements now, the Federal Housing Administration has organized a temporary farm section. The personnel of about 30 has been drawn largely from State extension staffs and departments of agricultural engineering.

To familiarize the agricultural leaders with the better-housing program and to coordinate the efforts of the several agencies interested in it, each State was asked to organize a temporary advisory rural-housing committee. All 48 States have reported meetings of their advisory committees, and several have indicated their intention of making the committee permanent to continue an effective farm-building program.

With complete lists of committee personnel lacking from a few States, 44 State extension directors, 38 State home demonstration agents, 23 home-management specialists, and 47 agricultural engineers are serving on these advisory committees. Other staff members bring the total extension representation to 184. State directors and supervisors of vocational education have also taken an ac-

tive part on these committees, with a total of 47 reported. State emergency relief administrators, members of State boards of agriculture, and leaders of farm organizations are also serving on most of the State committees.

Each State advisory committee has developed a program adapted to its own State's needs and conditions. In all States the extension service is taking an active and, in most States, a leading part in carrying information concerning the better-housing program to the farm families. The long-time program of the extension service and the better-housing plan have much in common. Both are striving to foster a higher standard of living and the use of more efficient equipment on the part of rural families. The Federal housing program might be thought of as an agency serving to bring about the earlier completion of many of the farm improvements toward which the extension service has long been working.

A booklet, *Farm Property Improvement*, prepared by the Federal Housing Administration for distribution to rural homes, includes a number of pictures furnished by the Federal Extension Service. In several States the extension service furnished a mailing list and in a few cases addressed the envelopes for the booklet. Copies of the booklet have gone to approximately two-thirds of the farm homes. To the remaining third, a leaflet was sent with coupons for requesting the booklet.

## *Interest in Improvements*

In several States, notably Texas, Oklahoma, and Indiana, the extension service has prepared special mimeographed circulars on farm-home improvements as a very effective means of assisting with the better-housing program. Very definite evidence is available to indicate that even in areas with unfavorable economic conditions, a renewed interest is displayed in home improvements. In some cases the improvements are limited to very small cash expenditures, but through the consciousness concerning better homes now being widely developed, yards are cleaned up and put in order, the more urgent repairs are made, some minor items of equipment are purchased, and,

perhaps, other conveniences improvised. Altogether, the program is serving to focus attention on better living conditions and develop an appreciation for modern home conveniences.

While unfavorable economic conditions deter many from making desirable improvements, a greater income alone will not solve the problem. Instead, it is to a marked degree a matter of devoting a larger percentage of the income, whatever its amount, to house improvement and better living conditions. Examples in support of the preceding statement are to be found in every community. Neighboring farms producing similar incomes may show that one house is equipped with hot and cold running water, while the other house lacks every convenience. Perhaps in the first case the family decided they could make the old car serve a while longer and used the money to install running water and a bathroom. The other family, feeling a greater interest in a new automobile, elected to spend their money for that purpose, or for some other perfectly legitimate purchase which did not contribute to improving the home. The Federal housing program is endeavoring to bring about a greater number of decisions to expend a somewhat larger portion of the family income on the home, as well as encouraging the maintenance and construction of efficient service buildings.

Several thousand farm families have already availed themselves of the credit facilities provided by the better-housing program. Funds so obtained have resulted in the repair, improvement, and modernization of many hundreds of homes in all sections of the country. Water systems, furnaces, electric service, bathrooms, new and remodeled kitchens, additional bedrooms, new floors, and entirely new farmhouses are among the purposes for which modernization credit has been advanced.

The better-housing program is not designed to foster unwise borrowing, but it does offer convenient facilities to those who can judiciously use credit. This plan, sponsored by the Federal Housing Administration, is enabling thousands of farm families to realize one of the extension service goals—a more satisfying rural life.

# A Good Job Takes Time

**I**N THE early days of home demonstration work", Mrs. Cooksey reminisces, "Webster Parish, La., could not boast even 1 mile of good road. Automobiles were owned and operated by the privileged few. Women had not reached that pinnacle of independence when it was deemed either fitting or safe for them to travel alone.

From this day of self-reliance, fast travel, good roads, and personal safety, it seems a far cry to the horse-and-buggy days, with an escort for protection or else an unwieldy 'colt', considered necessary to the safety of any woman who had the temerity to travel alone. The prayer of the home demonstration agent as she drove out on the highway of adventure in those days was 'Lord, be my guide, protect me from dangers that lurk in the shadows, and permit me a safe return home before midnight.'

Webster is not a large parish, consisting of 419,200 acres of land. In 1915 there was only one bridge over Dauchite Bayou, which divides it almost in half, lengthwise, and this bridge was south of the center of the parish. When making an itinerary of the parish it was necessary to travel one-half of the parish and then return to headquarters at Minden, a hard day's drive from Shongaloo, cross the bayou there and work the other side. Each trip usually required from a week to 10 days to complete, during which time the agent had to carry about with her clothing for the entire trip, equipment, office supplies, and any other materials that might be needed on the trip. "In fact, the itinerant peddlers of that time", says Mrs. Cooksey, "could take lessons in packing from the early home demonstration agent."

This early "trail blazer" had a very definite piece of work to accomplish before she could even begin the tasks assigned her. The first task was that of salesmanship. "The wisdom of the Washington authorities in limiting the work to be undertaken the first year is more apparent now than it was 19 years ago", she remarked. "Twenty demonstrations, one project, one variety, nar-

*In the spring of 1915, the National Education Association held its annual meeting in Cincinnati, Ohio. T. W. Fuller, superintendent of schools in Webster Parish, La., returned from this meeting with a new bee buzzing in his bonnet. Said he, "While in Cincinnati I heard a lot about a new kind of work that is being done, and we are going to put it on in Webster Parish."*

*This new work was home demonstration work, just beginning to ripple the surface of interest in better home living. When the school term closed in 1915, the superintendent's prophecy was fulfilled by the arrival of Mrs. Julia Cooksey as home demonstration agent. From that time until May 1934, Mrs. Cooksey worked with the rural women and girls of Webster Parish, having a vital part in the steady progress which has marked the last 19 years of history there. A report of her work is not without its account of failures or disappointments, but always it rings with enthusiasm for the work and with a belief in the future of the farm homes in her parish—a belief strengthened by many milestones and evidences of a higher standard of living, greater satisfaction, and more happiness in rural life.*

rowed itself down to 20 girls conducting a demonstration in garden work, using one vegetable, usually the tomato.

"What potentialities blossomed out from this seemingly simple assignment! Only a mind like that of Dr. Seaman A. Knapp could have conceived the possibilities involved. First was the home contact which was like opening Pandora's box. No screened homes, no system of sanitation, no systematic home planning, only the most elementary knowledge of preservation of a food supply, and artistry of a beautiful home life disclosed endless possibilities. These and many others were waiting for the touch that should help to bring order out of chaos—that should quicken into life an endless chain of progress toward an ideal of accomplishment.



Mrs. Julia Cooksey, pioneer home demonstration agent of Webster Parish, La.

"Teaching the lessons of planting, fertilizing, cultivation, pruning, preparation of food products, canning, keeping of records, exhibiting at fairs, and doing the line of sewing required of girls at that time constituted the season's open work. Visits 4 to 6 weeks apart helped to make each demonstration an object lesson to the community be-

sides giving to the agent access to the home and numerous opportunities for being of help to the housewife in her homemaking problems. Thus by slow degrees the heaven began to work, and the visits of the home demonstration agent gradually became a welcomed event in the country home."

Much could be written of the home demonstration work during these 19 years—of the successes, disappointments, and interesting incidents that go to make up the plain statement that the average amount of food canned for each family increased from 36 quarts to 350 quarts; that the variety of products canned changed from peaches, blackberries, and pears to almost everything grown in a spring and summer garden, poultry, fish, game, pork, and beef, and that 10 community canning centers were established. These facts could speak volumes of a better understanding of balanced diets, better health, better gardens, and happier homes. One of the incidents in Mrs. Cooksey's career will give a better idea of her work.

In 1919, when the garden work was getting well under way and a great deal of interest had been aroused among the women and girls, a serious outbreak of vegetable diseases occurred. Cabbage yellow, Septoria leaf spot on tomatoes, tomato wilt, and potato mosaic made havoc with vegetable gardens. Specimens of diseased plants were collected and sent to the State plant pathologist at the State university, where cultures were made, the diseases identified, and recommendations made for controlling the diseases. The growing of the wilt-resistant varieties of tomatoes has practically eliminated the wilt, and improved practices in procuring plants and grow-

(Continued on page 54)

# A Successful Farm Women's Market

SARATOGA, Wyo., is a small community with a population of 600 people and the trading center of about 50 ranches. It is located in the heart of the cattle- and sheep-producing section of the Rocky Mountain area. During recent years this section has undergone certain transitions in ranch management which have brought about the development of a small dairy industry, new cropping systems, and rapid increases and improvement in home gardens and poultry flocks.

Saratoga is served by a homemakers' club known as the "Platte Valley Home Economics Club", which comprises seventy-odd members. A year ago this club seriously considered the possibilities of increasing supplementary incomes and hit upon the idea of a farm women's market. The project was cautiously approached. The county extension office obtained information on successful markets of this kind in other places, particularly in Montana and the Southwest. This information was carefully studied by the club, especially by the committee in charge.

A survey of possible supplies for such a market was made and followed by a survey of possible sales. After this the committee held conferences with the local merchants, the editor of the local paper, and the local banker. By the time the market opened on June 16 the women had a good knowledge of what they could expect to handle and how they would be expected to handle it. The market was managed by a volunteer committee. A charge of 10 percent on all sales was made to members, with an additional fee of \$1 per month to nonmembers. This fee amply took care of rent, sacks, cartons, twine, and other necessary expenses, and netted a small profit to the club, which has been placed in a reserve fund for future operations. It did not, however, provide a sufficient amount for the payment of a manager.

The market was a success from the start. Purchasers included local townspeople, tourists, and sportsmen who visit this area each year. They all enjoyed the fresh vegetables, ranch butter, cottage cheese, eggs, poultry, home-canned foods, and baked goods.

A total of 36 women sold through this market, 21 of them being ranch

*A search for additional income on the farm and in the home is being made by farmers and farm families in various ways, and the farm woman's type of market is, in some instances, proving to be a profitable source of supplementary income, reports J. J. McElroy, county agent, Carbon County, Wyo.*

women. These women learned during this first season a great deal about the proper preparation of produce for market and developed a greater sympathy for the demands of the merchants who buy produce from the local ranches for resale through their stores. The movement also led to an indirect effect in this direction; that is, an increasing sale of local produce through local commercial channels, because it developed an interest in and a desire for local produce, demonstrated the feasibility of local markets, and brought about an increased knowledge on the part of the ranchers of the preparation of produce for sale.

The market has also had the effect of encouraging better development of poultry flocks and further development of gardens to provide an increased supply for the market. It is also lending encouragement to initiative in finding other means of supplementary incomes.

The county extension office played three important parts in the development of this market; first, the county extension agent worked with the group, particularly with the committee, in an advisory capacity; secondly, the county extension office developed the educational program in the preparation of the produce for market; and thirdly, the county extension office developed and supervised the accounting system. This accounting system consisted of a weekly individual statement which was summarized at the end of each market day and finally summarized into a complete balance sheet at the end of the market season.

## *Poultry and Vegetables*

Poultry and garden produce were the best sellers. Throughout the season the market was short of dressed chickens, and the year's experience shows that a greater variety of vegetables would be highly desirable. Flowers from the home gardens were first offered for sale by one woman with whom flowers are a hobby, with the thought that a few townspeople would buy small bouquets. The demand grew rapidly, with requests

to furnish flowers for special occasions and even funerals. This proved to be a real economy to the local townspeople because it meant a more generous use of flowers and at a price which they

could afford, as well as an opportunity for the market women.

Home-baked goods and home-canned fruits, vegetables, and meats were popular, especially with the tourists and sportsmen stopping for brief periods in the cabin camps around the town.

The market proved to be an unusually good means of converting into ready cash small surpluses which otherwise would not have had a cash value, and the money was very largely spent locally. The women who sold their produce through the market and with their receipts patronized the local stores won for it the support of the local merchants. A survey at the end of the season showed that the income from the market paid many small bills around the community for which there seemed to be no money forthcoming from other sources. The income provided extra clothing for children for the winter school period, bought winter supplies for many of the homes, took care of the magazine subscriptions for winter reading, and provided little luxuries. One woman used her money for the purchase of a pressure cooker and tin-can sealer. She says, "This gives me more service and pleasure than I dreamed of. I wonder now how I kept house so long without them." Another woman provided the expenses of a modest home wedding for her daughter with her receipts from this market. This included not only the costs incidental to such an occasion but also the wedding dress and trousseau.

The plan worked so successfully that it has been made a component part of the group's program for 1935. It demonstrated that such movements, backed by well-organized homemakers' groups, can be successful and profitable. It has won the almost complete support of the community, become an integral part of a much larger county program of local marketing, and established itself as a community institution.

**S**OUTH DAKOTA farmers during 1933-34 borrowed from the Commodity Credit Corporation \$1,700,000 on farm stored corn.

# Comptrollers of the Home

**A**S COMPTROLLERS of household finances, Oklahoma farm homemakers are finding home accounts an invaluable aid in eliminating useless expense, in getting the most for their dollar and in helping solve the age-old problem of "making ends meet." The home-account work was started in Oklahoma in January 1932, in response to requests from farm women in all parts of the State. Sixty-five homemakers in 9 counties enrolled the first year, 80 the second year, and 98 in 1934.

Home-account demonstrators are conscious of the need for better-money management in the home and are keenly interested in trying to solve family financial problems. They realize, as never before, that planned use of the family income makes possible opportunities for development that otherwise could not be provided, and their records have made them conscious of the fact that little is gained if expenditures are merely recorded and no further use made of the information. The chief value comes when the record is carefully analyzed and the facts used as a basis for correcting past mistakes in spending, in using home products, and in making plans for future adjustments. Demonstrators recognize also that there are many discouraging factors in keeping complete records. For example, there is the case of several members of the family making purchases and the difficulty in keeping close check on quantities of farm products used in the home.

Forty-five percent of the demonstrators have completed classified records for 2 years, while 15 percent have records for 3 years and are now attempting to follow financial plans based upon the facts brought out in their classified home accounts.

Twenty-five typical records were selected and summarized in 1932 and 1933, and 30 in 1934.

In this summary, the average per capita expenditure was \$135.82 in 1932, \$151.80 in 1933, and \$148.85 in 1934. The effect of the drought on spring gardens was shown in the smaller amount credited to "farm products used", which shrank from \$61.52 in 1933 to \$57.82 in 1934. The costs for fuel, light, and telephone reduced in 1934 to \$5.19 per capita, which was about one-half the amount



## Household Accounts Help Oklahoma Women Put Finances on Sound Basis, Says Madonna Fitzgerald, Extension Economist in Home Management

spent in 1932, was largely due to a more general use of farm-supplied wood. The cash expenditure represented money spent for coal oil, coal, and telephone in a few instances.

Health costs have varied over the 3 years. The 1933 increase from 5 to 7 percent of total expenditures in this item may be accounted for by the fact that a number of families had postponed dental work and corrective operations until money was available. Much of this type of medical service was paid for with the first cotton checks and wheat checks. Increased costs for "education", "church and social welfare", and "recreation", indicate a desire on the part of farm families to increase the expenditures for advancement.

Farm families are making an earnest effort to study expenditures and arrive at a better understanding of family finance. A better distribution of income among the various items seems to be the goal of the majority of home-account keepers.

Mr. and Mrs. Walter Bruns, shown above with their two daughters and small son, living near Lawton—a typical "farm family of five" of the kind to which many extension-program recommendations are directed—have an interesting story to tell of farm- and home-account keeping. In the words of Mrs. Bruns:

"Mr. Bruns and I have each kept books for the last 2 years (1933 and 1934), he keeping the farm-account and I the home-account book. We have derived much pleasure from working on our books, which was usually done after the evening meal. We always checked our books together at the end of each month, and the most fun was at the end of the year when we summarized our year's work together. We have detailed information upon the expenditure of all money in regard to our farming and living for both years. There is no duplication in either account. We often refer back to our books as to the time we bought things or what we paid for them.

"In connection with our farming we have a dairy. We own 160 acres of land, much of which is in small grain. In addition to this we rent 320 acres of land which is grassland and wheatland.

"Again I can truly say we enjoy keeping farm accounts and home accounts and in knowing 'where we are' all the time."

**F**ARMERS in seven counties in Nevada have ordered 2,350 seedling trees for windbreaks, woodlots, and shelter belts. Extension workers indicate that this is just the beginning. The trees are obtained from the Utah State Agricultural College.

## Utah Homes Program Finds Silver Lining

*"It's an ill wind that blows no one good", according to the old proverb. In this case the drought took the form of the "ill wind" and brought to Utah farm women the opportunity and desire for improvement in their homes. Mrs. Effie S. Barrows, home-management specialist, who describes some of the results.*

TRIALS are sometimes "blessings in disguise." At least, the population of certain Utah areas has concluded that the drought of 1934 was not without advantages. Whole communities that had given up hope of ever enjoying the comforts and conveniences of running water are knee-deep in activities that will result in this very convenience coming into the homes. The population almost rejoiced when old town ditches ran dry, for the dream of years seemed nearer. Mountain springs of pure water were still a possible source of supply, and it was concluded that relief funds could not be used to better advantage than in piping this water to the villages.

When water actually gurgled through pipes in the yard, family yearnings for water in the home were rekindled; a bit of pinching was done here and some stretching there on the family purse strings, and, finally, some of them yielded a bit to include house installation. Extension agents volunteered their services with a hope of preventing mistakes and demonstrating methods of making dollars go still further.

At present, old half-acre kitchens are being broken up to serve as kitchens, bathrooms, eating centers, and closets. In one small community, sketches have just been made for cabinets for each of 9 kitchens, bathrooms, and dining rooms, and for 12 clothes closets, 6 cleaning-equipment closets, and 2 service rooms. Neighbors are assisting each other, expecting to do all work except actual installation of fixtures, and in some cases this, too, was thought possible if preceded by study.

In another small community, a foreign tradesman particularly skilled in all types of building, became stranded for want of means to reach a more desirable locality. In true western spirit, a family fed and housed him for a time. Housed by the same family was a young married daughter, her husband, and an infant son. The foreigner one day suggested that he would like to build a home for these young people out on a

small knoll about a block distant from the parents' home. Nothing was further from the minds of these young people; they were with her parents because he was out of work and they had no money. Finally, the tradesman offered to build a complete house for board and \$1 a day. The father figured that he could make a small loan to start the work. An attractive English-type plan was selected, and extension service agents checked for convenient arrangement, for this family loyally cooperated in extension projects. Both young people began to work with the foreigner under his expert supervision.

The plan included front entry, large living room, dining room, kitchen, breakfast room, two bedrooms with clothes' closets, bathroom, service hall, roomy rear entry with closets, and complete cement basement, which includes a garage. There are oak floors throughout; the exterior is stucco, in buff and green; both exterior and interior have been given one coat of paint, and sufficient paints and papers are on hand for complete finishing. Kitchen plumbing fixtures have been installed. At present this beautiful home stands like a monument against the mountainside. The only things yet to be purchased are bathroom fixtures, and the total expense has been \$1,500.

Both young people worked right along with the builder until the husband finally found a job, which helped in a financial way to make the home a reality. The young wife is still at the helm, applying paint, sanding floors, hanging paper, and adding sundry other finishing touches. A few days ago an extension group met with the home agent and the State specialist at this home for the purpose of discussing how these rooms were arranged to suit family needs, the planning of color schemes, and convenient and attractive arrangement of furniture. The home will be completely finished and artistically furnished when the family moves into it within the next few weeks, and the remaining debt is so slight that no worry, in the least, need be carried.

Reconditioned furniture and new pieces constructed from barrels and crates will partially furnish rooms in which new articles will be placed, but good workmanship and an artistic touch will justify their use without need of apology.

Because farmers are so generally under a burden of debt, the extension service in Utah has not participated to date in an intensive rural housing campaign, but both county and State extension workers are busy assisting with improvements varying in scope from best cleaning methods to checking plans for complete homes.

### A Good Job Takes Time

(Continued from page 51)

ing cabbage have insured the crop every year since.

The curing of the Irish potato malady is another story. Realizing that something had to be done for the restoration of the potato crop, the State extension department procured certified seed from the northern growers and distributed them to the home demonstration agents with instructions on how to conduct the demonstrations. Each agent was furnished with 20 units of 4 potatoes each. These were passed on to as many 4-H club members, and a close check was kept for the potato season. At the end of the season the potatoes were harvested, weighed, and checked with potatoes grown from seed purchased locally. The parents became interested in the work and took pride in making comparisons requested. The second year was a repetition but with the addition of a suitable fertilizer. The results were even more satisfactory, and the third year the farmers would have nothing but certified seed. This led to a revival of the potato industry, and for the past 5 years from 5 to 10 carloads of potatoes have been sold and shipped from the parish each year.

Among the other achievements in Webster Parish to which home demonstration work has actively contributed are the establishing of a county health unit, a library service available to every citizen of the parish, an active community organization which is filling a real need in the life of the people, and many others.

There is one message which Mrs. Cooksey would give to all home demonstration agents just beginning their work, and that is: "Never neglect 4-H club work. Adult extension work will always be recruited from the ranks of the 4-H clubs."

# The Rural Community Builds a House

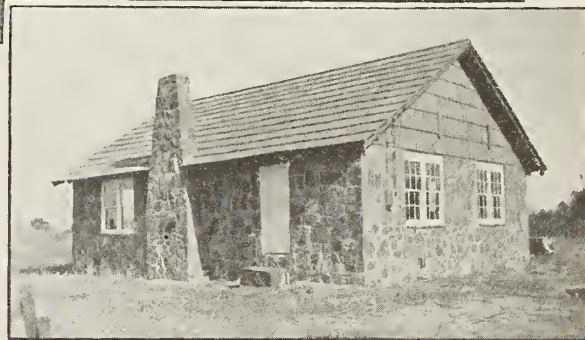
A SUPPRESSED desire for a community house must have been lurking in many a village and even along the open country road, for at the first intimation that C. W. A. funds might be available for such projects a crop of community houses has sprung up like mushrooms. They flourish on all soils and under all conditions: an old house remodeled on the rock-bound New England coast; a log cabin in the Tennessee mountains; a remodeled 1-room school building in an Alabama village, which had been abandoned due to school-consolidation; an artistic house of native stone on a country road in Arkansas; and so on to the coast and back again, everywhere clubhouses, large and small.

Home demonstration clubs are most active in this movement. Their interest is principally in homes, and they are always in need of a meeting place and a place where they can do a little laboratory work in homemaking, and, most important of all, they are accustomed to working together to get what they want. As Sybil D. Bates, who was formerly home demonstration agent in Crawford County, Ark., and is now home industries specialist, explained:

"The story of how home demonstration clubs have influenced the civic and social

life of farm communities in our county is an interesting one. Not only have families been aroused to action in problems of their own homes, but whole communities have joined together in building clubhouses."

The arrangements for putting up the building were almost as varied as the houses. Sometimes all of the material and labor were obtained through an agreement with the C. W. A. Sometimes site and materials were donated or bought with money earned by the club and the building put up with C. W. A. labor. Or, in many places, having conceived the idea, the community club did all the work and paid for the building with no help. When C. W. A. funds or labor was used, the building had to be situated on community property, under the management of a community organization, and open to all members of the community. Plans and advice were often obtained from the extension engineer or the local C. W. A. engineer.



(Top) The Rose City (Ark.) Home Demonstration Clubhouse.  
(Bottom) The Rudy Community Clubhouse in Crawford County, Ark., of native stone, built on a bluff above the road.

For the Malvern community canning kitchen in Texas, farmers gave 3 days each cutting logs in a nearby pinewoods whose owner donated the fine, straight pine logs for the good of the community. The clubhouse in Rose City, Ark., was built of stone from an old, abandoned church given to the group. The church was torn down and the material hauled to the present site by 12 men and boys of the community, who gave their labor. Eighty-eight children and young people helped to get rocks and lumber from the old church building. The first meeting in the new clubhouse was a party for these young folks who had helped, and out of this grew a recreational group of 50 members. One member has already written a play which will be produced at the new clubhouse.

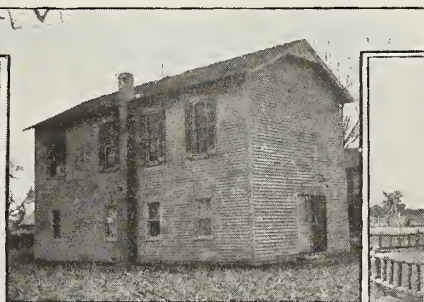
The Cedar Hill clubhouse in Tennessee, serving a community of



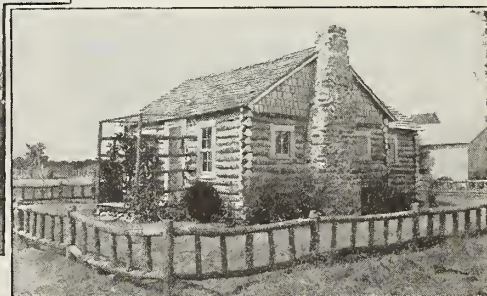
(Left) The Damariscotta (Maine) Community House is an old schoolhouse remodeled by the men of the community working 2 nights a week. It boasts a fine kitchen and is built to withstand the coldest Maine winter.



The Gold Hill (Ala.) Community House is an old 1-room school put in good repair and a kitchen added through the cooperation of C. W. A.



The Cedar Hill (Tenn.) Community Club remodeled an old Masonic hall. Having done a good job on the interior, they planned to work on the exterior this spring.



Prairieville (Tex.) Community House is built of native logs cut in a nearby woods and put up by the men of the community.

about 350 persons, is an old, remodeled Masonic hall. To make it habitable a great deal had to be done on windows, doors, floors, and interior finish. The curtains were made at club meetings; each member gave one chair; and an assortment of other gifts included an old piano, a radio, a set of dishes, cooking utensils, and an old-fashioned cradle—a useful piece of equipment to these young mothers. The cradle was welcomed with more than ordinary appreciation, for six new arrivals were expected in Cedar Hill community. The problem of harmonizing such a miscellaneous assortment of furniture to give an artistic and pleasing effect only makes it more interesting to such a group of women, and wonders have been worked along this line.

Practically all of the clubhouses have well-equipped kitchens, which are used as community canning kitchens in the canning season. Many a beginning has been made with only a canning kitchen. One interesting development of this kind in Lawrence County, Ark., was made from an old county jail built in 1859 from hewn rock. Since 1921 it had not been used for a jail, but through the cooperation of the county judge and the F. E. R. A. it was converted into the pride of the county—an up-to-the-minute canning kitchen where industrious women gathered daily to can their surplus fruits and vegetables. A woman from a nearby community asked to use this canning kitchen. She said, "When I was a little girl" (she is now an elderly woman) "my father was sheriff of Lawrence County, and as such it was his duty to put prisoners in this jail. I'm glad to have lived to see the time when the building is not needed to serve as a medium to enforce the law but can be used by us all for better purposes."

The cost of the houses has varied from \$25 or \$50 to \$500 or \$600, depending upon the material used, the pretentiousness of the plan, and the amount given. Many of them have been put up at an unbelievably small cost, much to the pride of the community. Everywhere enthusiastic members of the community club will boast of its advantages in bringing the community together for work and play, in developing a neighborly spirit, and in keeping the young folks contented and happy. Many communities throughout the country are saying today, as did a woman of Sweet Home community in Arkansas recently when reporting the year's work of her club, "The greatest need of our community is a community house, and we will have it sooner or later."

## Child Health Program Shows Results

THE YEAR 1934 marked the completion of the twelfth consecutive year in Nevada's "keep-growing" demonstrations which have been carried on by the State extension service in cooperation with various organizations in the State. It also marks the second year in which muscle tone, color, and tooth conditions have been considered with weight and height as factors in judging nutrition conditions.

During 1933-34 school year, 54 schools cooperated in the health-improvement work, which involved 3,718 children. Improved practices in child feeding were followed in 1,806 homes, and more than 1,330 families were planning and serving balanced meals. Ninety-seven percent of the children examined followed health recommendations, and more than 2,000 physical defects were corrected during the last school year.

### *Safeguarding Children*

When the great danger of malnutrition was realized at the beginning of the school term, every effort was exerted to make the communities understand the seriousness of the situation and that only the highest type of cooperation would succeed in safeguarding the children during the coming months.

Homemakers' clubs, project groups, parent-teachers' associations, and federated women's clubs were enlisted by extension workers to spread the information regarding low-priced foods that would safeguard child and adult health. Because of the economic conditions in the State, many of the families were on relief rolls and work-relief projects. Special efforts were made by Mrs. Mary Stillwell Buol, assistant director for home economics, to see that these low-priced foods were placed on the food orders issued by the State emergency relief administration. The county and district extension workers also cooperated with local branches of the relief organization in suggesting modifications adapted to meet local conditions.

As the winter advanced, this work was further supplemented by the establishment of school lunches, including additional milk, tomato juice, and cod-liver oil, and carried out as a Civil Works Service project. In urban areas a hot lunch was served to the children of relief families upon the advice of local physicians, the State or C. W. S. nurse, the school authorities, or the local leaders. This lunch was designed to supply

at least half the calories and all the protective foods needed for that day. In rural schools some hot-milk dish was served with tomato juice and cod-liver oil. A great number of local organizations cooperated in equipping kitchens and eating space. Some were makeshift, yet they were provided in every case. In a number of communities where the C. W. S. work was not established, local organizations contributed money to supply the necessary foods to carefully selected children who were showing serious signs of malnutrition. Many rural families made food donations.

"The results of this work were remarkable, and the improvement in child health could be noted within 2 weeks. The majority of the malnourished children stopped losing and started gaining weight. Their color, muscle tone, and posture showed a decided improvement, and teachers reported a marked improvement in school work", says Mrs. Buol. The work was started in December and January and continued through March. During this time 71,139 meals were served to 1,392 children at an average cost of 7.5 cents per child per meal.

The example set by this school feeding was carried over into a large number of families not on relief but faced with living on rather meager incomes. Group demonstrations, marketing orders, menus, and recipes were some of the means used in popularizing the necessary foods and their use in low-cost meals.

Special cooperation was offered to the keep-growing project by the State board of health, the Nevada Public Health Association, the C. W. S. nursing project, and many doctors and dentists throughout the State. Unemployed nurses under the C. W. S. projects aided in giving the children a thorough physical inspection and enabled the organization to reach a greater number of cases. Approximately 25 percent of the time spent in this work by the doctors and dentists was donated, and in many other cases funds were made available by local and county organizations. In one case the county court supplied funds for two doctors and a nurse to make a 90-mile trip, and 22 severe tonsil cases received much-needed attention.

Culminating the efforts for the year, child-health days, termed "keep-growing achievement days", were held in 48 communities during April and May 1934. A total of more than 4,000 people attended these celebrations.

# Puerto Rico Takes Up Home Demonstration Work

**T**HE CANNING Campaign among farm folks of the enchanted isle of Puerto Rico carried on this spring has had all the inspiration and enthusiasm of pioneer work. The six new home demonstration agents, all natives of Puerto Rico and home-economics graduates of the University of Puerto Rico, have been tireless in giving canning demonstrations and in their zeal for the possibilities the work offers to the farm families, many of whom live on too limited a diet, and with little knowledge of canning or preserving food.

During the month of March more than 4,500 adults attended the canning demonstrations and showed great interest. Maria Alsina, home demonstration agent in the Arecibo district, reports one of her demonstrations thus:

"On Saturday a demonstration was offered at the local office. All kinds of people came to the demonstration—home-economics teachers, farmers, lawyers, home owners, and businessmen. One of the lawyers was so interested that he went home and brought his daughter. 'I want her to learn all these useful things'; he said.

"People were as much interested in the equipment as in anything else. They kept asking prices and commenting on the utilization of the canned products.

"In this demonstration it happened there were about nine nurses, and we had a good discussion on the wholesomeness and nutritive value of tomato juice. Everyone wanted to have the directions for making and canning tomato juice. I promised to have them in my office so that they might come for them at any time."

Men have been as interested as the women in attending the demonstrations and at many meetings were in the majority. They expressed a desire to investigate for themselves and for their families the "novel" ideas being explained. Practically everything available on the island is now being canned. Some of the products have strange names, as gandules and chayotes, as Josefina



M. F. Barrus

*Puerto Rico will celebrate its first birthday as a member of the cooperative extension family on July 1, 1935. Although extension work has been carried on in Puerto*



Mary Keown

*Rico for a number of years, Federal funds were not utilized until July 1, 1934. M. F. Barrus, formerly plant pathologist in New York, was appointed director of extension, and Mary Keown was given a leave of absence from her duties as district supervisor of home demonstration work in Florida and appointed as assistant director to make a study and recommendations for home demonstration work on the island.*

*The year has been one of organization and planning. The 30 agricultural agents, 4 supervisors, and 6 home demonstration agents are now supplied with adequate offices and equipment. They are basing their program on the most important enterprises of farmers and on establishing farm and home demonstrations that will show the most significant returns. Successful demonstrations in tobacco, plantain, and coffee growing, dairying, and gardening are now in progress.*

*One of the early home demonstration activities reaching the whole island was a canning campaign, as a more adequate food supply seemed to be one of the biggest needs on the island. How this work was organized and carried on and how several of the Southern States contributed personnel to train the 6 native agents and 12 canning assistants are told in this article.*

Yordan's report of the Mayaguez district shows:

"We had a canning demonstration at Las Vegas yesterday. We had a whole day canning of vegetables. We canned 65 tins and jars of tomatoes, pigeon peas, chayotes, grapefruit, and grapefruit and orange juice. We are planning to go there on Monday for another day of canning and to Guanajibo on Wednesday for vegetable canning and on Thursday for meat canning. Besides, they want some fish canning to be done some day soon.

"I wish you had seen the fishers yesterday. They are so much interested in the fish industry, they look to it as a means of saving lots of fish which they would otherwise lose. Besides, they are thinking of bartering with the vegetable growers of the highlands. I think this will be a fine chance for improving the food habits of both the fisher and the vegetable grower."

Home Demonstration Agent Dolores Morales Diaz of the Utuado district canned pork. She reports:

"We had our first demonstration on March 15, Mr. Reboy-ras, a farmer from Caguana, offered a 60-pound hog for the demonstration.

"We obtained 54 cans: Roast 8 cans, Gandinga 5 cans, scrapple 20 cans, sausage 13 cans, chicharrones 7 cans, tongue and brain, 1 can. Besides Mr. Reboy-ras' family we had two or three ladies who helped us in the work. That same day three more farmers asked me to show them how to prepare and can a pig. I think we can gather some neighbors in each of these farmers' houses and have some more good demonstrations. They haven't many vegetables now with the exception of some tomatoes, but they will have later on.

"Five farmers from different barrios have come to my office to ask if it is possible for me to show or help them to prepare a hog for canning in their respective barrios. Four of them were present at my first demonstration. There is one farmer who has a small pig and is willing to come to my office canning kitchen with his family to prepare according to my directions."

Home canning was new to the Puerto Ricans just a few short months ago. The work was decided upon after a careful study of the needs of the rural population. It was found that rural families were buying two-thirds of the food they consumed. As it is a tropical country with almost no refrigeration in rural areas, foods spoil easily, and during the greater part of the year there is a great lack in the diet of proteins and fresh vegetables. A large percentage of the working class of people in the interior eat salted codfish bought from the States rather than the fish caught on their own coast, as the latter are nearly always beyond an edible condition when they get inland and consequently have the name of being poisonous. The local government is especially interested in the fish-canning work of the home demonstration agents.

The home demonstration program itself is a new development on the island, as Smith-Lever funds were not made available to them until July 1, 1934. By



(Inset from left to right) Mary Todd, Sadie Hatfield, and Lola Blair loaned by States to train Puerto Rican home demonstration agents in canning.

(Lower picture from left to right standing) Mary Todd, Sadie Hatfield, Director M. F. Barrus, Mary E. Keown, Mrs. Nieves, and Mrs. Ola Powell Malcolm; (sitting) Miss Rodríguez, Josefina Yordan, Dolores Morales Díaz, Gloria Lopez, Emma Ferrer, Sofia Brenes, Maria Alsina.

the middle of July Mary E. Keown, who had been released temporarily from her duties as district home demonstration agent in the east coast counties in Florida, was on her way to take up a study of conditions and make recommendations for organizing and developing home demonstration work in Puerto Rico. Her first duty was to teach a class in the summer school of the University of Puerto Rico made up of home-economics graduating students who were considered prospective home demonstration agents.

The first home demonstration agents were appointed on September 1, and in November the six agents had been chosen and had gone to their respective districts to make a survey of conditions and report on the problems which needed to be taken up first. And the food problem always seemed the most urgent. The largest expenditure in the Puerto Rican home is for food. In the canning work the home demonstration department has cooperated with the Puerto Rico Emergency Relief Organization which has supplied each agent with a complete set of canning equipment for her office where she can hold the demonstrations, and also a traveling set which can be carried around to the farmhouses. Canning kitchens are now being built by the relief organization in each

of the districts and will be operated under the supervision of the home demonstration agents.

Training schools were held February 11 to 21 for the agents and 15 other women from different communities on the island who had been recommended as canning assistants. The States of Texas, Georgia, and Florida helped the good work along by lending or releasing agents from their staff for special work in Puerto Rico. The teaching staff for the schools consisted of Sadie Hatfield, district agent; and Lola A. Blair, State nutrition specialist from Texas; Mary Todd, home demonstration agent, Carroll County, Ga.; Miss Keown from Florida; and Mrs. Ola Powell Malcolm, field agent of the United States Department of Agriculture, Washington, D. C. They all testified that these schools required 10 days of intensive work. Much of the equipment had to be ordered from the States. The first 48,000 empty tin cans and several gross of glass jars obtained looked rather overpowering, but the Puerto Rican agents were undaunted; and now many of these same cans full of fruits, vegetables, and meats repose on the pantry shelves of farm families, much to the satisfaction of themselves and the agents. Others given as toll for the use of equipment supplied by the

relief organization are supplying wholesome food to the needy, and all are looking forward to days of better diet and better health for rural Puerto Ricans. Better farm-home pantries have always led to other home improvements and more satisfying living in country homes.

## Cash Returns Stimulate Interest

Interest in forestry continues to be good in Montgomery County, Tenn. During 1934, 21,000 black locust trees, 5,000 black walnut trees, and more than 200 pine trees were sold to farmers for planting on idle land.

Considerable interest in planting has been stimulated by the cash return which F. Barker, a farmer, received from black walnut plantings made several years ago. Mr. Barker had planted the trees every 20 feet around a 20-acre plot of ground. This past year he sold \$150 worth of nuts from these trees.

G. B. Shivery, extension forester, has visited the county repeatedly and has encouraged the demonstrators. An inspection of the trees set this past year revealed that at least 90 percent were living and that the majority of the demonstrators are taking good care of their plantings. Numerous farmers are planting leguminous cover crops with the trees, giving additional protection from erosion.

The black locust trees which were planted on fairly good ground 3 years ago are now nearly 20 feet high and almost large enough to make posts. Additional interest in reforestation has come from the need for fuel wood for the curing of tobacco.

**4-H CLUB WORK** will be an important factor in the rebuilding of North Dakota's farm livestock under plans now being considered and developed by the State Agricultural Extension Service. Farm boys are encouraged to organize pig clubs, to make their plans for the purchase of purebred gilts in June, and carry them over as brood sows for project work during 1936. The plan of buying the pigs in June at from 6 to 8 weeks of age leaves only a short period before the 1935 feed crop would be available.

# Maine Adjusts with More Hens

ACCORDING to the State tax assessor's report, the total hen population in Maine increased 102,837 for 1934 over 1932. In some States this would be an insignificant number, but in Maine it represents an increase of 8.1 percent. This increase has occurred coincident with an extension campaign project entitled "Increase Your Income with Poultry." It was developed during 1932 and has been conducted intensively by nine county extension agents during 1933 and 1934.

The development of this project by the Maine Extension Service would appear to be in line with what has come to be a policy. In the old days of extension work the extension job was generally taken to be the teaching of a subject-matter practice. That is, if a man was in the poultry business, he was taught to cull hens. If he was in the dairy business, he may often have been encouraged to build a silo. This may have been, and often was, done when the farm was so located and of a type which made it difficult or impossible for the man to make a success in the enterprise.

Recently, as the result of farm-management studies, more attention has been given to the farm set-up and to a correlation of enterprises which seem best for a particular farm in a given area. More recently an effort has been made by the Maine Extension Service to develop enterprises within the State or within any given area which seem economically destined to succeed.

It was with this thought in mind that the extension service has endeavored to call the attention of Maine farmers to the fact that poultry keeping is a sound en-

terprise in this area. This was done, of course, with factual data.

Prior to the time of this activity the number of hens in Maine had been steadily on the decline. This decline exceeded 500,000 hens between 1923 and 1931. A survey of 200 farms in two of the leading poultry counties indicated that the principal factors causing this decline were poultry diseases, old age and poor health of operators, and lack of facilities for profitable poultry keeping. Markets and prices in no way appeared to be contributing factors. The decline occurred largely in tax-exempt flocks (50 hens or less), and in many cases not only was the poultry flock abandoned but the farm as well. At the same time the number of flocks decreased, but the average size of flocks had increased.

## Specialists Pool Forces

The project was developed originally by D. W. Reed, farm-management specialist; in cooperation with H. L. Richardson, poultry specialist. It was based largely on Mr. Reed's farm-management studies. From poultry accounts kept by poultrymen throughout the State in cooperation with the extension service it was apparent that poultry keeping was the most consistently profitable farm enterprise in the State. Repeatedly farm-account cooperators showing low labor incomes were able to double the net earnings of their farms by the incorporation of an economical unit of poultry. Labor returns per hen over a period of 10 years varied between \$2.14 for 1931 and \$3.90 for 1929.

It appeared that there was a certain section of the State which was in particular need of this additional source of income. This area, in general, borders



Harrison L. Richardson.

the shore line of the State, an area in which farms are small, rocky, and broken. Another section of the State farther inland is more suitable to crop production and dairying, and this section of the State was not included in the campaign.

The question of the danger of overproduction was one that had to be met. This criticism came largely from the commercial flock owners of the State. Every effort was made to give this group the facts. Boston is Maine's egg and poultry market. Seventy-five percent of the eggs coming into the Boston wholesale market are produced outside of New England. There had been a constant decline of Maine eggs going into the Boston market, but Maine never supplied more than 5 percent. It is apparent, furthermore, that the decline of a half million hens in the State over a 10-year period has created no particular shortage in the Boston market and that regaining that many birds would not appreciably affect the situation. Therefore, a goal was set to regain the half million birds for the State over a 5-year period.

The local market situation did offer a real argument. However, Maine does not produce as many eggs as it consumes. This is particularly true during the summer months. Moreover, particular emphasis in the campaign was laid on the development of economical units of sufficient size to make the producer independent of local market conditions, thereby aiming to avoid glutted local markets.

## Some Pointed Pointers

The campaign before the farmers of the State was conducted on the following basis:

1. Poultry is the most consistently profitable farm enterprise in the State

(Continued on page 60)

Page 59



A part of the fine flock of A. W. Black of Winthrop, showing some of his improved equipment—a feed hopper on a wire platform.



Gov. Ed C. Johnson of Colorado endorsing the better health extension program in the presence of C. A. Smith, extension dairyman, and Ruth McCammon, extension nutritionist.

## Colorado's Better Health Program

**T**HE better-health program sponsored by the extension workers in Colorado has achieved satisfactory results for both producers and consumers of milk. The per capita consumption of milk and its products has been increased in the Colorado Springs area by 22.8 percent and in the Pueblo region by 14.5 percent in a period of 6 months. The dairymen have been encouraged to improve the quality of their milk and cream through the use of sanitary methods. The program was endorsed by Governor Ed C. Johnson in a public proclamation and carried out by

the extension workers in cooperation with the State Dairy Commission.

The educational features used in the campaign were presented to more than 62,000 people attending the 775 meetings which were held during the 3 months of intensive effort. The hearty cooperation of such organizations as the school boards, parent-teacher associations, home demonstration clubs, farm organizations, dairy organizations, service clubs, chambers of commerce, and women's clubs was responsible for carrying the program directly to the homes of the State.

### Building a Prospect List

After the State-wide program was outlined in general, a conference was held with all county agents involved. This was followed in each county with conferences composed of extension agents and county agricultural leaders. These county committees sponsored the program by announcing the policy favoring the development of the poultry industry in their county. Copies of the statement of this policy signed by the committee members was a part of the material used.

A prospect list was developed by obtaining a list of farmers from tax assessors' books. From one to three persons on local committees went over these lists with the county extension agent. From this list the logical prospects were determined. Senior and young farmers, 4-H clubs and their leaders, feed and implement dealers, Smith-Hughes teachers, and the granges were invited to cooperate. A list of more than 7,000 prospects and interested people was prepared.

The first year of the campaign included five interest-development circular letters with return cards giving an opportunity to request information. Four follow-up letters containing timely subject-matter information were sent. The first year of the campaign also included slogan tags to be used by feed dealers on grain, an essay contest on the subject "What Our Hens Have Bought", a series of daily radio broadcasts for a period of 4 months which were prepared by extension agents and poultrymen, subject-matter meetings during the winter, field days during the summer, bulletins, and news stories.

### Getting Results

Results as measured by the State tax assessor's report, which is taken as of April 1 of each year, indicate that in the campaign counties there was an increase of 18.3 percent in the number of birds for 1934 over 1932 in taxable flocks. Tax-exempt flocks increased only 1 percent, while all flocks in that area showed an increase of 8.6 percent. Counties not carrying the project show an increase of 13.4 percent in taxable flocks, 5 percent in tax-exempt flocks, and 6 percent in all flocks. Thus we get an increase of 8.1 percent for the entire State. This includes all counties regardless of the project.

It may be that the goal of 500,000 additional hens in 5 years will not be attained, but the downward trend in Maine's poultry population has been arrested, temporarily, at least.

## Maine Adjusts with More Hens

(Continued from page 59)

as shown by accounts kept over a period of 10 years.

2. Average egg production in Maine is higher per bird than in any other State in the Union with one exception (census).

3. Maine eggs and poultry sell in Boston and environs for higher prices than those coming from the chief competing areas.

4. It costs Maine producers less for market service and transportation than it costs Middle West producers.

5. A good commission market is always available to both large and small producers.

6. The egg-feed price ratio in Maine compares favorably with any other section of the country.

7. There is a limited supply of nearby eggs and poultry on Boston and local markets.

8. Small-size units are proving economical.

9. Such units of poultry can be kept with a minimum of labor and cost on nearly every farm in the area.

10. It costs little to start an economical unit of poultry.

11. Returns on the investment come quickly.

12. There is less poultry disease in Maine than in most States. With widely scattered farms this condition can be maintained.

# Extension and Relief Form Partnership

DAISY DEANE WILLIAMSON

State Home Demonstration Leader, New Hampshire

**I**N NEW HAMPSHIRE for 4 years a definite goal has been to reach at least 100 new women in each county each year and render to them some definite extension help. Each year this goal has been exceeded and in some years doubled or trebled.

This readjustment period has brought to the home demonstration department a wonderful opportunity to extend contacts and increase spread of influence. With a sympathetic State director of relief—a woman vitally interested in the solution of home problems—ways of reaching the people on relief were opened to us and opportunities for giving them help were afforded us, thus increasing extension activities very materially. These opportunities came through five avenues: Demonstrations on low-cost foods, emergency gardens, farm-home survey, group-leadership project, and rehabilitation.

A home survey was made covering 895 farms, including a cross section of each county. This covered a rather complete living standard—physical home conditions, nutrition, clothing, allotment for living, recreation, health, and facilities for use of leisure. One worker was financed in each county to gather this information, the summary of which is now being prepared for publication. This survey gave a definite picture of rural conditions that has been of great help in planning extension programs of work.

The emergency-garden project was delegated to the extension service by the State Relief Administration and was carried on for 2 years. This project took in both relief and near-relief cases and brought the home demonstration and county agricultural agents into contact with many persons they had not been able to reach otherwise.

## *Garden Produce Canned*

At the request of the emergency gardeners, the home demonstration agents and their local leaders gave special canning help to 2,403 of the 5,771 involved in 1933. In 1934 the relief administration allowed us funds to put on 20 special workers to contact emergency gardeners and give them such special help as they needed and for which they had asked. Three thousand four hundred and fifty-four contacts were made (with 619 return calls); canning help was given to 1,506 families; jars and jar

rings (above allotment by State) were provided where needed; 604 families were supplied with canning equipment; and a considerable quantity of surplus vegetables was distributed. These contacts were the means of placing canning bulletins in the hands of 3,519 families, thus extending the spread of extension influence.

Many women have entered regular extension groups as a result of the visits these special workers made.

It was estimated that the 5,877 gardens in 1934 cost \$33,263; their estimated value was \$352,620, and their estimated return per dollar invested was \$10.60.

## *Food Demonstrations*

For 2 years low-cost food demonstrations have been carried on by the home demonstration agents in cooperation with the State relief administration. The demonstrations dealt with those foods made available through relief grocery orders. Though the meetings were planned for the families on relief, they were opened also to near-relief cases. This made it possible to reach approximately 800 families, 20 percent of which were direct relief cases.

The work given at these meetings was planned by the State extension and the State relief nutritionists. The cost of materials was met by the relief administration. In two counties practically the entire number that attended the meetings has since entered regular extension groups, with lesser numbers in other counties.

Last year under a "group leadership" project the State relief administration allotted to the home demonstration department 21 women to work in communities where little, if any, extension work had been done previously. These workers contacted the individual families in the communities chosen by the agents and obtained such information as these questions elicited: (1) Do you know your county home demonstration agent? (2) Have you ever attended extension meetings? (3) Would you be interested in attending meetings if they were arranged in the community? (4) Who would be a good leader for such a group? (5) What personal assistance could the home demonstration agent give you that would be of help just now? This last question was asked after the

work of the home demonstration agent had been explained in detail.

As a result of this project, 43 new communities were found where work could be started; in 7 it could be reorganized. To date 19 of these new ones and 5 old ones have planned and are carrying out programs of work. The others will be organized later in the year. More than 3,000 bulletins were asked for, and personal assistance of 27 different kinds was wanted. These requests gave the home demonstration agents the opportunity to make follow-up contacts. The information gathered by the workers has brought forth fine leadership material.

## *Rehabilitation*

When rehabilitation work was started in the State it was put under the supervision of the director of the State extension service. When the county rehabilitation agents began work it seemed necessary to help them get the project under way before the cold weather caused suffering for want of clothing and bedding. So the home demonstration agents were asked to give about 2 weeks of their time to help these rehabilitation workers. They helped contact those families on relief and near-relief to find out their clothing and bedding needs and to get community committees organized to do something about it.

This cooperation enabled the home demonstration agents to contact 323 families, meet with more than 50 local committees, and work in 54 different towns. The agents not only were enabled to get in touch with people within their counties that they previously had not been able to reach, but also had their eyes opened to conditions they never knew existed. They are better agents by having done this work—more alert in finding where help is needed, more sympathetic in dealing with these cases, and more determined to push extension work where it is most needed.

Within the past 2 years almost 6,000 new women have been brought into contact with home demonstration work and have received help. If all other women who regularly attend and participate in extension activities were disregarded, these 6,000 women would still represent a real extension accomplishment. Without the sympathetic assistance of the State relief administrator, much of this work could not have been accomplished.

## First "Readio" Station Established

The farmers in Passaic County, N. J., have the services of the first "readio" station in the country. County Agent H. E. Wettyn has adapted his copies of the Farm Flashes, issued by the United States Department of Agriculture, into a unique letter form which he is sending to the farmers.

The local radio broadcasting station used the Farm Flashes until it merged with another and the studios were moved to another county. The radio talks continued to come to Mr. Wettyn, and he tried to figure out some way to get the valuable information into the hands of interested farmers. At first he rewrote the material and used it in the newspapers. Then came the idea of the "readio." It received the immediate approval of the farmers.

County Agent Wettyn has specialized the "readio" service, sending the items of general interest to more than 1,000 farmers. About 450 persons get the poultry "broadcasts" and 275 receive the dairy items. The material is mimeographed on colored paper with an attractive heading and follows very much the form of the regular Farm Flashes. It takes 7 minutes to read the "broadcast"—just the same time required for Farm Flashes.

"Naturally, we cannot use all the Farm Flashes, and we do not release them until after the date of broadcasting. It has become a very popular service", says Mr. Wettyn.

Continuing, Mr. Wettyn says that the newest development in the service has been the idea of establishing a definite reading time on certain days of the week. "For example, we might print across the envelop 'Do not open until 7 p. m., Monday', and then state that for the following half hour I would be at my office or home, telephone number 0000, to answer any questions which the reading of the 'readio' might bring up."

## Virginia Revives a Tradition

(Continued from page 49)

(5) water system and sanitary equipment (white families), and doors, windows, and screens (Negro families). There was no strong desire expressed for built-in equipment or improved storage and laundry facilities. A study of the survey summary, however, showed by these

figures some of the most glaring fundamental needs: Seventy-nine percent of the white families carried water to the house, an average distance of 198 feet. Ninety-nine percent of the nonwhites carried water to the house, an average distance of 389 feet. Only 17 percent of white homes had cold water piped in, and 20 percent were equipped with sinks having drains. About 1 percent of Negro homes had either of these conveniences. Seventeen percent of all farm families were without a toilet of any kind. Forty-five percent of all farm families had unimproved toilets. Only 10 percent of whites had flush toilets; 10 percent had bathtubs. More than 67 percent of the houses needed new screens or replacements. In other words, only about one-third of the houses are reasonably well screened. Forty-eight percent of roofs needed replacement or repair. Only 13 percent of all homes had electricity. Only two-thirds of all chimneys were in good repair—a big fire hazard! Only 31 percent of interior walls and ceilings were in good repair. A large percentage needed outside painting. A large percentage lacked sufficient or convenient storage facilities.

### Future Programs

The extension workers of the State felt that the survey had provided them with an excellent basis for formulating future programs, especially for farm-home improvement, but also for other kinds of programs having as their ultimate goal the betterment of farm-home life. Soon after the completion of the survey the State home demonstration agent appointed a committee to formulate a State program. This committee was composed of the State home-improvement specialist, the head and two other representatives of the agricultural extension engineering department, the district home demonstration agent who had served as State chairman of the survey committee, one representative each from the rural sociology and farm economics departments, and the State home demonstration agent. At the first meeting of this committee the full-time supervisor of the survey and three of the county survey workers contributed valuable information and made worth-while suggestions. The purpose of this committee was the formulation of a State program which would emphasize (1) the most apparent needs; (2) kinds of improvements within reach of large numbers of homes; (3) adaptability to any county and to

varied conditions; (4) long-time, as well as more immediate, objectives.

The long-time State program looks toward increased appreciation of better rural homes among small owners, tenant farmers, hired labor, and families with moderate incomes. The program will encourage practical and economical construction, repair, and renovation by providing information, demonstrating methods, and establishing community or county demonstration houses. Information on financing and farmhouse plans will be made available to all. The plan calls for cooperation with the State department of education in getting new units on housing included in the rural school curriculum.

For this year the general plan adopted by the committee calls for cooperation with the State board of health in improving sanitary conditions of farmhouses; for renewed efforts by home demonstration agents for more labor-saving equipment, such as simple water systems and repairing equipment; for improved storage spaces in the home; and for the much-needed repairs on roof, chimney, windows, interior walls, floors, and furniture.

The county home demonstration advisory councils gave 100-percent support to the State program by working out county home-improvement campaigns for 1935. Each county selected for special emphasis one or more of the suggested types of improvement, the choice depending upon conditions in each particular county. As a result, all 40 counties having home demonstration agents at the beginning of this year are now carrying on county-wide campaigns for bettering farmhouse conditions. In addition, 21 of these counties are carrying on major projects in home improvement in their home demonstration clubs, and 9 others have such projects with all girls' 4-H clubs. The home-improvement specialist and home demonstration agents are co-operating with the rural promotional activities of the Federal Housing Administration in order to coordinate all efforts for improving our farmhouses.

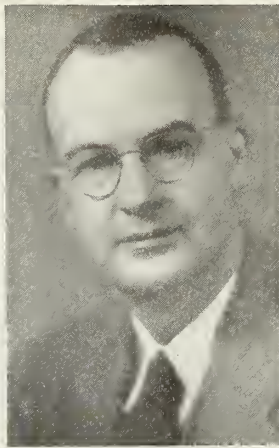
Reports of improvements already under way indicate that some long strides forward should be the result of this year's efforts. With continued year-by-year State-wide emphasis upon the value and importance of better farmhouses, perhaps a survey in 1944 will give us a more pleasing picture of Virginia farm homes.



Charles A. Sheffield



Gladys Gallup



C. E. Potter

## New Personnel

**T**HE FEDERAL Extension Service welcomed three new members to the staff recently. Gladys Gallup, formerly home management specialist in Washington, will work on educational research in home economics extension in the section of extension studies and teaching. Charles A. Sheffield, formerly assistant director in North Carolina, will have charge of county agent work in the Southern States. C. E. Potter, formerly State club leader in Montana, now will represent the Federal Extension Service in 4-H club work in the Eastern States.

Miss Gallup is a graduate of Iowa State College at Ames, Iowa, and has taken advanced work at Columbia University, the University of Oregon, and the State College of Washington, specializing in home management. After some teaching experience Miss Gallup went to Washington State as extension home management specialist, where she has been for the past 11 years.

Mr. Sheffield graduated from North Carolina State College in 1920, receiving his master's degree at the same place in 1930. He taught agriculture in Davidson and later became county agent in that county. In 1929 he became an assistant director of extension service. He has been doing excellent work in charge of the cotton campaign in North Carolina, as administrator of the Bankhead Act, and in organizing the live-at-home and relief-gardening programs for his State.

C. E. Potter is a graduate of West Virginia College of Agriculture. He was successful with young people as a rural teacher and as county and district superintendent in West Virginia. He first served as club leader in Monongalia County and then as assistant State club leader in West Virginia. In 1919 he went to Montana to take charge of club work, where he has developed a very fine club program during the last 16 years.

## Dress Revue Planned

**H**OMEMAKERS in Middlesex County, Mass., are taking a keen interest in planning their wardrobe within the family budget. Early in January nearly 1,500 women were ready to begin work on their spring clothes under the direction of the State clothing specialist, Mrs. Esther Cooley Page. Seventy-three community groups enrolled for the cotton dress project, and 20 other groups, feeling the need of more foundation work, decided to devote their time to the study of garment finishes.

One feature of the achievement day to be held in June will be a dress revue featuring one outstanding dress made by

each group. These dresses will be selected by the group members. In addition to the dress revue, it is hoped that all the women will wear the dresses which they have made in connection with the clothing work.

The work in the county is carried on by 2 full-time and 3 part-time home demonstration agents and 175 local leaders.

**T**HE LAND-PLANNING policy of the State of Arkansas has been augmented by the passage of a bill empowering the forestry commission to set apart State-owned lands for State forests.

## Long-Time Programs Help

**E**VEN though North Dakota has been hard hit by the drought, long-time extension programs have proved their worth in aiding the farmers.

John Mehrer, of Hettinger County, was aided in his production under most severe drought conditions by following the programs advocated by his county agent, W. J. Lawrence. Mr. Mehrer reports threshing 1,050 bushels of Ceres wheat, a drought-resistant variety, and 524 bushels of barley. He says that he has enough feed to enable him to keep his cattle through the winter.

In Eddy County, many farmers are following the extension agent's recommendations in making use of Russian thistles for hay and silage. More than half the silage put up this year is of this plant. Trench and pit silos are being used. Drought-resistant wheat was planted on about half the acreage in the county following the county agent's recommendations. Farmers invariably ask, "Is it recommended by the agricultural college", says County Agent Fred H. Bruns.

An alfalfa crop was saved on the farm of C. E. Geesaman, in Billings County, by the use of grasshopper poison. This crop is very valuable in the face of drought-limiting forage production, says County Agent A. C. Burgum.

County Agent B. P. Gorder of Adams County reports that John Gerbracht harvested 10½ bushels of wheat per acre when the rest of the county wheat crop was almost a total loss. Mr. Gorder had followed suggestions of the extension worker and planted a drought-resistant wheat. He also attributes part of his success to better tillage methods. Emergency trench silos are being used to preserve immature corn for winter feeding.

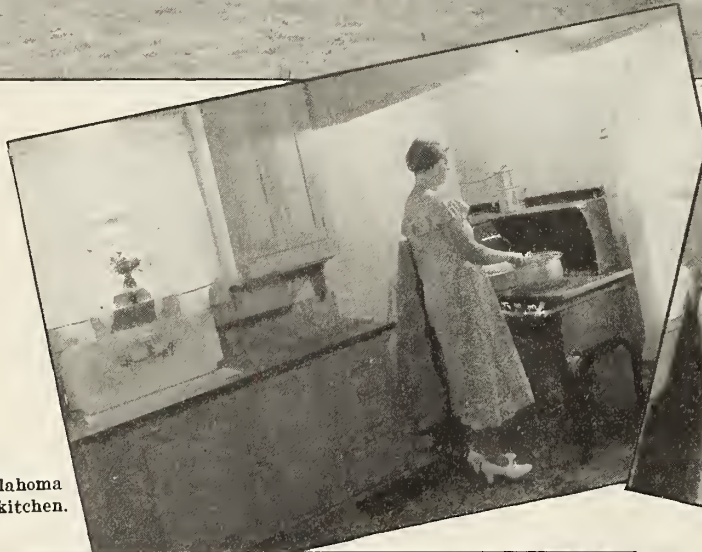
In Grand Forks County farmers are following extension service recommendations made by County Agent W. R. Page. Two hundred trench silos are in use. Freman Brenna and Henry Hallick estimate that they are able to save at least 25 percent additional roughage when it is put in the silo rather than left in shocks in the field. The use of improved practices in cultivation has increased yields during the drought, prevented erosion, and aided in weed eradication. Two hundred farmers attended one demonstration of better cultivation practices.

**P**RODUCTION-ADJUSTMENT contracts have been signed by 11,625 sugar-beet growers in Colorado.

# “It Takes a Heap o’ Living” . . .

*Extension Teaching, Planning, and Work Bring Improvements to Farm Homes*

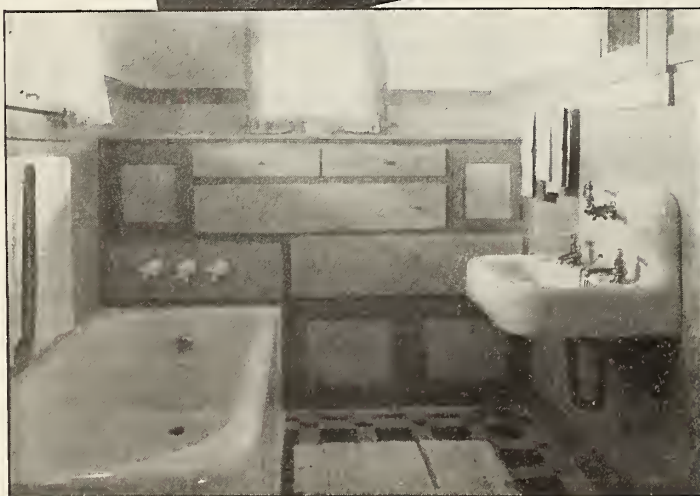
Ten years of yard-improvement work show results in the Alabama farm home illustrated below. (Right) Same home before improvement.



An Oklahoma farm kitchen.



An extra sink is a convenience.



A Utah farm home installs a bathroom.



Beauty and simplicity combined in a Tennessee farm home.

# The Farm Family Looks Homeward

C. W. WARBURTON  
*Director of Extension Work*

THE FARM HOME justly occupies an important place in this issue and in the thoughts and plans of extension agents. The house, its setting, its adaptation to the needs of the farm family living there, its efficiency and its beauty make easy or difficult the maintenance of order, cleanliness, and healthful living. The housing problem is not only a problem of building houses but of building character. We know that improvements in farm homes depend upon a better understanding of what constitutes a satisfactory living standard.

## *Science Contributes to Home Building*

A HOUSING SURVEY has given us valuable data on rural housing which is being studied intensively in order that the services of extension agents which are most needed can be supplied first. State and Federal research agencies and extension workers are working to make available information on house plans and helps in building and remodeling homes. The number of bulletins, film strips, posters, and other aids is increasing. Science has contributed much and will contribute more to the American home in such ways as rural electrification or better methods of sanitation. This scientific information is being made available to farm families.

## *Needs of the Farm Family Must Be Met*

BENEFITS of the newest scientific information are not enough. The farmhouse must satisfy the needs of the family. Maud Wilson of the Oregon Experiment Station, in her study of the Willamette Valley farmhouse, emphasized this as follows: "A consideration of the housing needs of the family is fundamental to economy in house building. Even the cheapest house will be a better investment and a more satisfactory dwelling if every decision involved in its planning is made from the standpoint of the work of the household or the manner of living desired by the family. A house so planned does not soon become obsolete because family needs and ways of living change slowly."

WITH PRIDE in the past and renewed hope for the future we watch the spread of better planned, more efficient, and more beautiful farm homes, giving new values to farm living and greater depth to American culture.

# NUTRITION CHARTS

## Iron For Red Blood

Foods Rich in Iron



### Animal Food

Meats—Liver, kidney, brain, and heart; also lean muscle of beef, veal, pork, and lamb

Eggs—Oyster

### Plant Food

Green Leaves—Turnip, beet, chard, dandelion, water cress, spinach, kale, New Zealand spinach

Dried Fruits—Particularly apricots, peaches, figs, prunes, and raisins

Legumes—Lima and kidney beans, lentils, peas—either dried or fresh

Whole-Grain Cereals or Flours—

Syrups—Sorgho, cane, and molasses

Nuts—Almonds, hazelnuts, walnuts, pecans,...

NUTRITION CHART NO. 1  
BUREAU OF HOME ECONOMICS U. S. DEPARTMENT OF AGRICULTURE

## Growth May Be Controlled by Diet

Food made the difference  
in these twin brothers, 6 months old



This rat ate only meat, potato, bread, and butter. He weighed 89 grams



His bones also show the effect of



This rat ate plenty of milk and vegetables, bread, and butter. He weighed



His bones are strong and well

NUTRITION CHART NO. 2  
BUREAU OF HOME ECONOMICS U. S. DEPARTMENT OF AGRICULTURE

## Calcium For Building Strong Bones and Teeth

Rats from the same litter, 22 weeks old



This rat did not have enough calcium. It weighed 91 grams. Note the short, stubby body, due to poorly formed bones



This one had an abundance of calcium, and its bones were well formed

Good Sources of Calcium



Milk, all forms  
Cheese  
Eggs  
Leafy greens, especially dark, leafy  
and cruciferous types, such as  
broccoli, cauliflower, rutabaga, and  
turnips

NUTRITION CHART NO. 3  
BUREAU OF HOME ECONOMICS U. S. DEPARTMENT OF AGRICULTURE

NUTRITION CHARTS showing pictorially the results of feeding experimental diets to laboratory rats and guinea pigs and also showing foods rich in the different nutrients, have been revised and expanded by the Bureau of Home Economics. Each chart is 15 by 23 inches and is printed on heavy paper. Copies are not available for free distribution.

They may be purchased at 50 cents a set from the Superintendent of Documents, Government Printing Office, Washington, D. C. Sets cannot be broken to supply individual charts.

## TITLES OF NUTRITION CHARTS

1. Growth is an index of nutrition
2. Growth may be controlled by diet
3. Protein    4. Calcium    5. Phosphorus
6. Iron    7. Vitamin A    8. Vitamin B
9. Vitamin C    10. Vitamin D    11. Vitamin G

## Film Strip Series 347

An illustrated lecture on SELECTING FOODS FOR GOOD NUTRITION, film-strip series 347, is also available. This series, consisting of 59 frames, can be purchased for 65 cents from Dewey & Dewey, Kenosha, Wis., after obtaining authorization from the United States Department of Agriculture. Blanks for this purpose will be supplied upon request to the Division of Cooperative Extension.

## Vitamin D For Good Bones and Teeth

Rats from the same litter, 20 weeks old



This rat had no vitamin D. Note the short body and bowlegs—typical signs of rickets



This one had plenty of vitamin D. Its bones are strong and straight

Foods that Supply Vitamin D



Fish, all kinds  
Certain other fish oils  
Eggs  
Milk, all forms  
Butter  
Liver oil  
Salmon  
Cod liver oil

NUTRITION CHART NO. 4  
BUREAU OF HOME ECONOMICS U. S. DEPARTMENT OF AGRICULTURE

EXTENSION SERVICE  
UNITED STATES DEPARTMENT OF AGRICULTURE  
WASHINGTON, D. C.